

Icebreaker

Your homework this week was to read 11 Proverbs each day that talk about the condition of your heart. Have you been doing it? What have you learned?

What's one of your most embarrassing moments? What motivated you to do what you did?

Read Proverbs 4:20-23

Guarding our heart means to guard what's going in, what's going on, and what's coming out. In our study tonight, we are going to prayerfully give each other a heart check. You might want to **split up into smaller groups** for this lesson.

This is Important...

Doing a heart check will always be convicting because God will reveal to us areas in our heart that are not fully his. However, this exercise is not designed to make us feel bad about ourselves. It's designed to help us expose our darkness so that God can bring forgiveness and healing into us. Share your answers with the confidence that God plans to bring more grace into your life as you do so.

What's going in? (Proverbs 22:17-18, Psalm 119:11)

What are you reading and/or studying in the Bible?
 What are you meditating and/or memorizing from the Bible?
 What else are you taking into your heart?
 Is there a behavior you want to change regarding what's going into your heart?

What's going on? (Proverbs 13:12, 14:30, 14:13, 16:5)

What are you hoping for?
 What are you envious of?
 What are you aching over?
 What are you prideful about?

Read **Philippians 4:6-13**
 Are you content?

What's Coming Out? (Proverbs 12:23, Matthew 15:17-19)

What do your words/actions reveal about the condition of your heart?

Getting Serious

How do you need to grow? How should we pray for you?

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